

Roasted Shrimp and Orzo

Adapted from Ina Garten



Servings: 5

1. Preheat the oven to 400°F.
2. Fill a large pot with water, add salt and a splash of oil, and bring the water to a boil.
3. Add the orzo and simmer for 9 to 11 minutes, stirring occasionally, until it's cooked al dente. Drain and pour into a large bowl.
4. Meanwhile, whisk together the lemon juice, 1/2 cup olive oil, 1 1/2 teaspoons salt and 1 teaspoon of pepper. Pour over the hot pasta and stir well.
5. Place the shrimp on a sheet pan, drizzle with olive oil, and sprinkle with salt and pepper. Toss to combine and spread out in a single layer. Roast for 5 to 6 minutes, until the shrimp are cooked through. Don't overcook!
6. Add the shrimp to the orzo and then add the scallions, dill, parsley, cucumber, onion, salt and pepper to taste. Toss well. Add the feta and stir carefully. If the feta is quite salty, be careful adding salt to the salad.
7. Set aside at room temperature for 1 hour to allow the flavors to blend, or refrigerate overnight. If refrigerated, taste again for seasonings and bring back to room temperature before serving.

3/4 pound orzo pasta, a rice shaped pasta
1/2 cup fresh lemon juice, from about 3 lemons
1/2 cup olive oil
1 teaspoon freshly ground black pepper
1 1/2 teaspoons kosher salt
1 1/4 pounds shrimp, peeled and deveined,
21-25/lb
3/4 cup minced scallion, white and green parts
3/4 whole hothouse cucumber, unpeeled, seeded,
and medium-diced
1/2 cup red onion, diced
6 ounces feta cheese, large diced
1/2 cup fresh dill, chopped
3/4 cup Italian parsley, chopped
salt and pepper to taste

*Per Serving (excluding unknown items): 659
Calories; 31g Fat (41.7% calories from fat);
38g Protein; 59g Carbohydrate; 4g Dietary
Fiber; 213mg Cholesterol; 1232mg Sodium;
5g Total Sugars; trace Vitamin D; 296mg
Calcium; 4mg Iron; 696mg Potassium;
517mg Phosphorus. Exchanges: .*

Carolyn T's Blog: tastingspoons.com